

FUEL Up & Get FIT!



Healthy and **FUN** Activities and Snacks

Florida Department of Agriculture and Consumer Services



There are many things you can do to get in shape. But eating healthy foods and exercising are two of the best. If you do these things, you will be more likely to consume and burn the correct number of calories for your age and gender and maintain a healthy weight.

HOW MANY CALORIES ARE ENOUGH?

Your calorie requirements will change as you age. As an average, older children and teen girls need **2,200 calories** per day. Teen boys need **2,800 calories** per day. But these numbers can vary. When your weight increases your need for calories generally increase. You will also need more calories when you exercise harder and longer.

GOTTA EAT RIGHT!

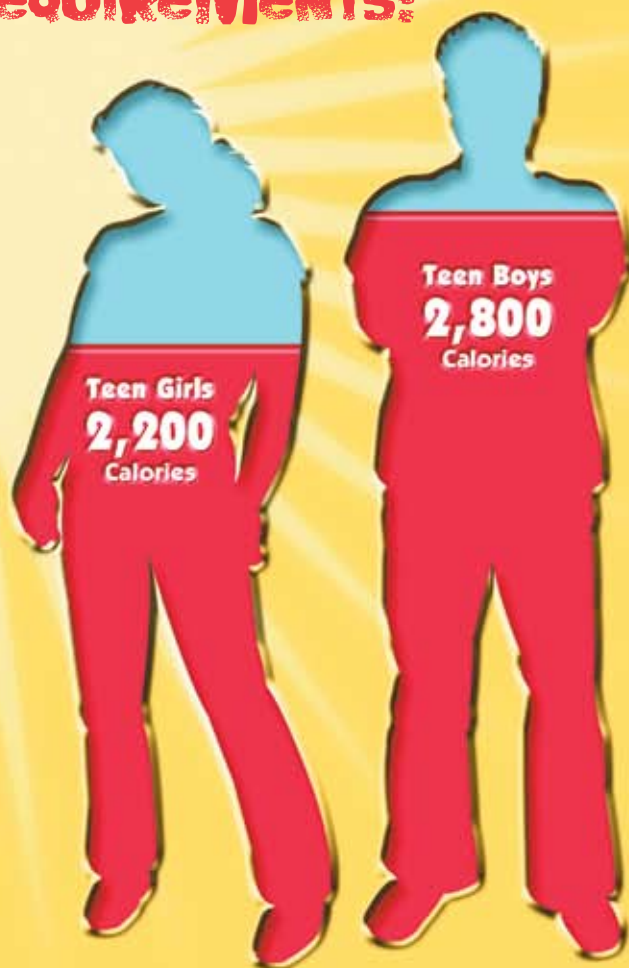
But don't go by calories alone. We also need to eat food that provides the most nutrition (fuel to keep us going). Too much fast food, candy bars, chips and sodas have a lot of empty calories and little nutritional benefit.



Healthy foods include fruit and vegetables, whole grains, milk products, lean meats, beans, nuts and other protein choices.

Fruits and vegetables are generally low in calories and high in water. So we feel full when we eat them and tend to consume fewer calories. And they provide lots more fiber, vitamins and minerals than many processed foods.

Average Daily Calorie Requirements:



Fruit and vegetables all provide different vitamins and minerals that help us maintain health.

By regularly consuming between 5 and 9 servings a day from a wide variety of fruits and vegetables you can reduce your risk of many diseases. These include many types of cancers, diabetes, heart disease and high blood pressure. They also help in the prevention of infections, colds and lowering of cholesterol levels.

How do you know which fruit and vegetables to eat? A good rule of thumb is the wider the variety the better. Eat fruit and vegetables of every color: yellow, orange, red, green, purple, blue, white and brown.



EXERCISE COUNTS TOO!

In modern times we spend a lot of time on the computer, watching television, in the car and playing video games.

In fact, many young people spend more than 3 hours a day just watching television. These are called sedentary activities because we don't move around very much when we do them. Spending too much time in sedentary activities is unhealthy.

Exercise is good for everyone and helps everyone achieve and maintain healthy weights. It helps increase your blood circulation which is good for your organs. It's also good for bones and skin.

Physical activity doesn't have to be boring. There are lots of fun activities you can do that can burn calories. On the following pages are just a few.

ORANGES



MINI Recipe

Try a fresh smoothie with ice, oranges, blueberries, strawberries and low-fat yogurt.

BURN IT UP While Biking

You can consume over **450 calories** per hour while BMX biking!

Florida oranges have only **70 calories** per serving.

They also have antioxidants which fight cancer and are an excellent source of **vitamin C**.



CUCUMBERS



MINI Recipe

Sliced cucumbers and a low fat dressing make a great salad.

CATCH A HEALTHY WAVE

There are lots of water sports that burn calories.

Surfing burns about **100 calories** per hour. Water skiing burns almost **300** and snorkeling burns about **230**. Swimming can burn between **300** and **600 calories** per hour.

Cucumbers also have high water content and have only **13 calories** per serving.



WATERMELON

MINI Recipe

Watermelon is a great snack at the beach, a picnic or anywhere else!



DON'T WATER IT DOWN

Windsurfing is another water sport that can burn a lot of calories, about **100 per hour**.

Watermelon, which actually is about **88% water**, has only **32 calories** per serving. It is high in **vitamin A** and **lycopene** and may help to prevent heart disease and cancer.



SQUASH



MINI Recipe

Add squash to spaghetti sauce, muffins, stir fries or a steamed vegetable dinner.

SKATEBOARDS SQUASH CALORIES

Try skateboarding. But don't forget knee pads and a helmet.

You will burn approximately **230 calories** per hour and have fun at the same time.

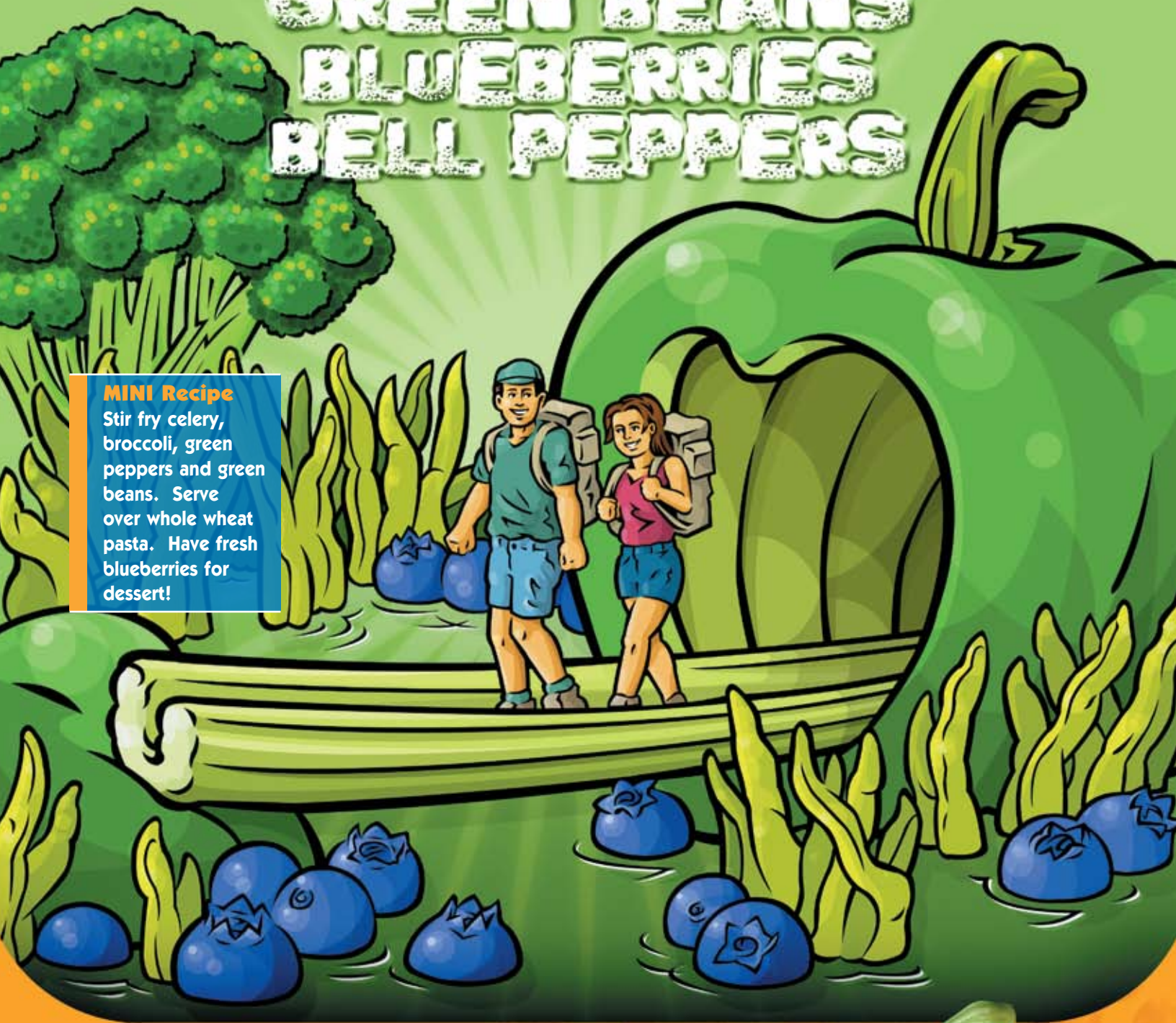
Squash contains only **19 calories** per serving and has lots of **vitamin C**.



GREEN BEANS BLUEBERRIES BELL PEPPERS

MINI Recipe

Stir fry celery, broccoli, green peppers and green beans. Serve over whole wheat pasta. Have fresh blueberries for dessert!



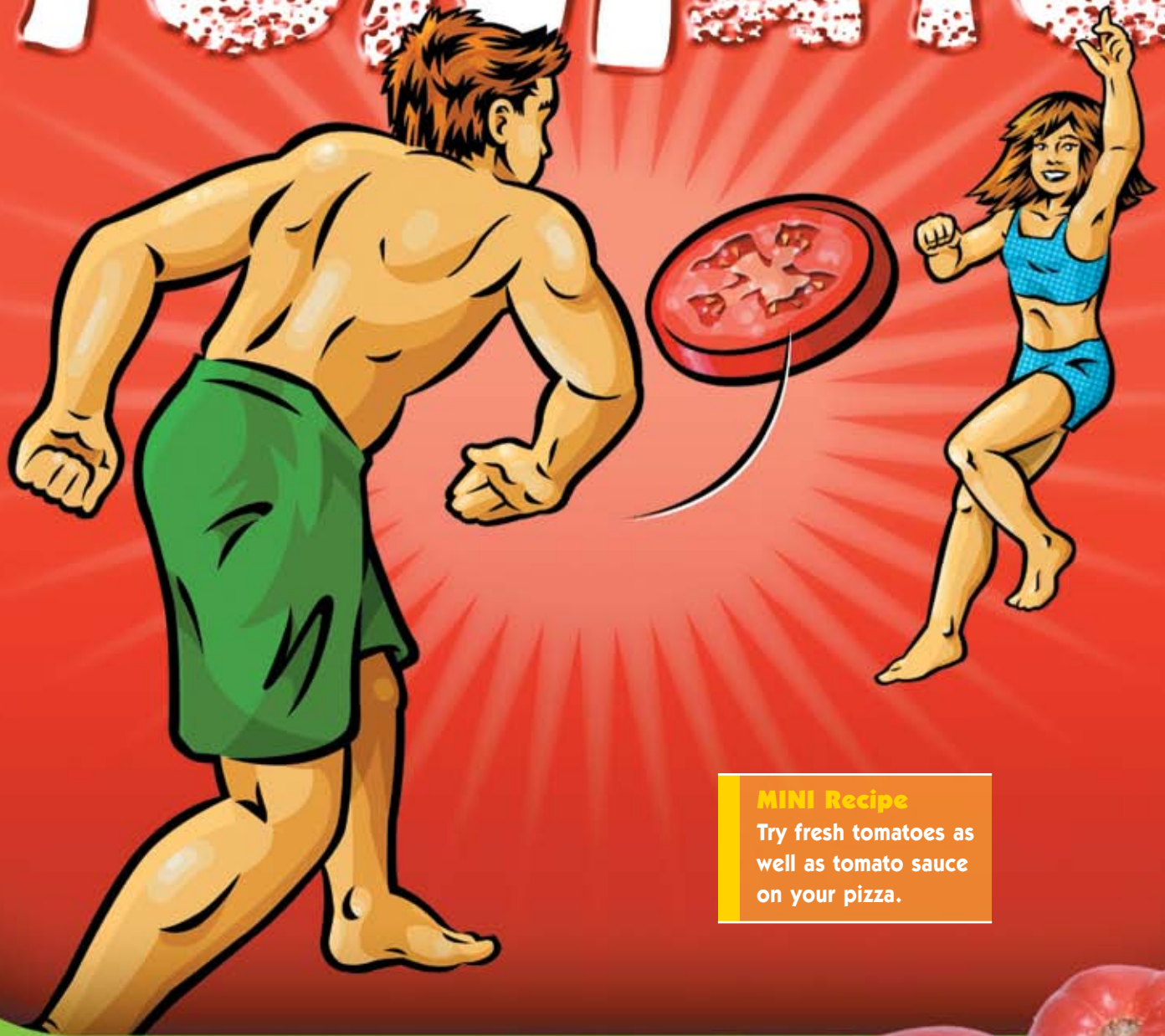
GO TAKE A HIKE

Cross country **hiking** (with lots of hills and turns) can consume nearly **300 calories** per hour. Backpacking consumes over **350**.

Bell peppers have only **27 calories** and are high in **vitamin A, B6** and many phytochemicals. **Green beans** have **31 calories** and are a good source of iron. **Blueberries** with **56 calories** are very high in **antioxidants** and help fight infections.



TOMATO



MINI Recipe

Try fresh tomatoes as well as tomato sauce on your pizza.

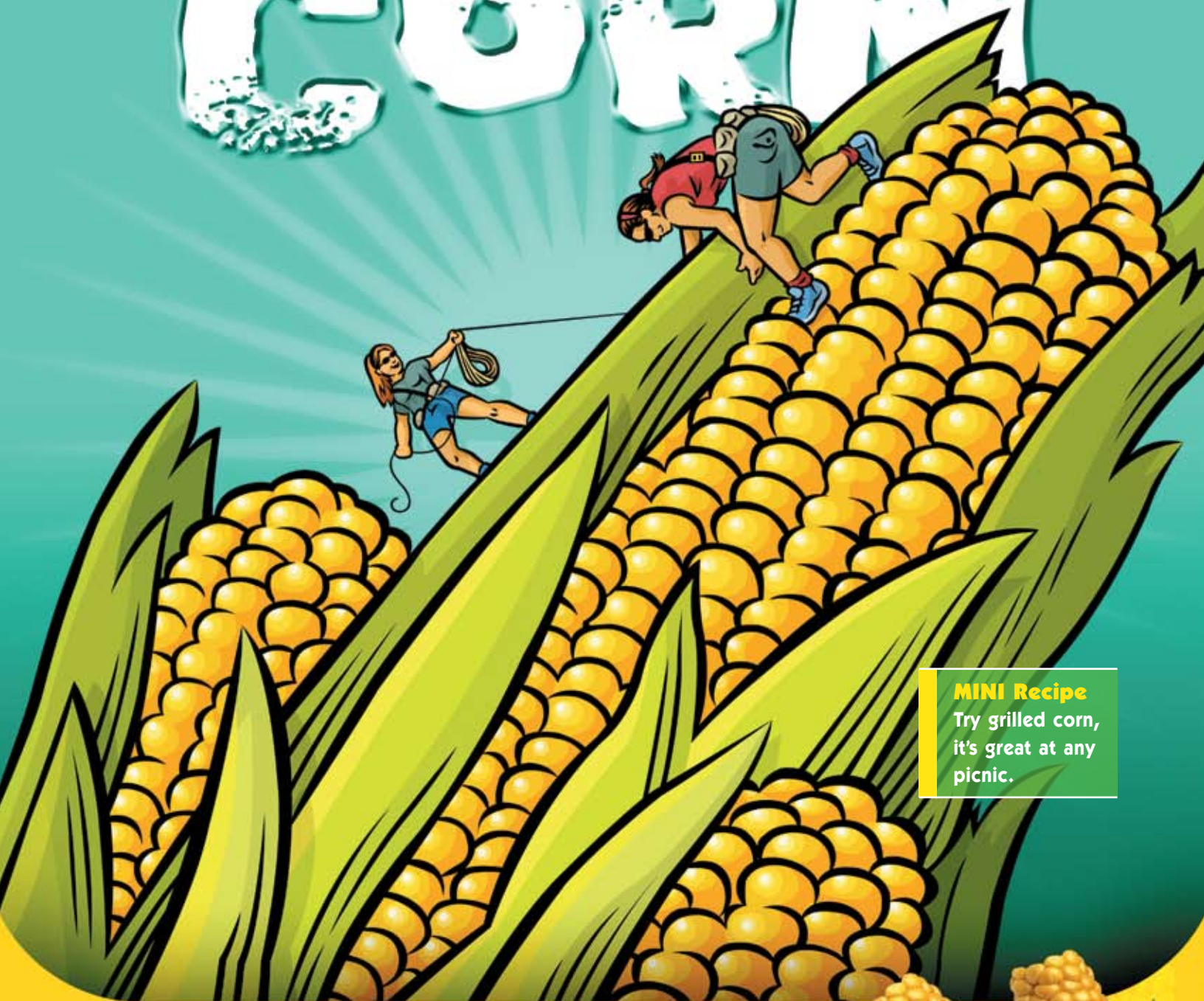
TOSS THE TOMATO

Tomatoes are a wonder food with **vitamins A, C and E**, lots of **lycopene** and **beta-carotene**. And they have only **21 calories** per serving.

Playing Frisbee burns nearly **100 calories** per hour. Ultimate Frisbee burns about **430 calories** per hour. Do the math!



CORN



MINI Recipe

Try grilled corn, it's great at any picnic.

CLIMB A MOUNTAIN OF CORN

Rock climbing is a real calorie burner. Ascending can burn over **650 calories** per hour while rappelling burns about **470**. You can eat quite a few ears of corn when you are finished.

They have only **80 calories** per serving and are high in **magnesium, phosphorus** and **fiber!**

CARROTS



MINI Recipe

Slice carrots, bell peppers, tomato and celery and wrap them in burritos with low fat cream cheese.

CARROT UP! No, THAT'S NOT RIGHT...

If you want to hit the ball, and run the bases... eat **carrots**. They are good for your eyes, bones and teeth. With **vitamin A** and **beta-carotene**, carrots have **43 calories**.

Softball burns approximately **230 calories** per hour, pitching the game burns almost **300!**

CELERY



MINI Recipe

Celery is delicious in a salad or on its own as a light snack.

A GREAT TASTING KAYAK!

And they're high in **potassium** too! **Celery** has only **16 calories** per serving and is good for your teeth and gums!

Canoeing, kayaking and whitewater rafting can burn nearly **250 calories** per hour.



CARAMBOLA CANTALOUPE STRAWBERRIES



MINI Recipe

Try a star and moon fruit salad with carambola, cantaloupe and strawberries with a low fat whipped topping.

STAR GAZING BURNS MORE THAN YOU THINK

Just walking the field at a leisurely 3 mile per hour pace burns **118 calories** in an hour. Carry a telescope and you can double that number.

Carambola is our only star-shaped fruit. It has just **33 calories**.

Cantaloupe has **35 fat-free calories** and **strawberries** have **30**.

All three have **vitamin C**.





Exercise Tips:

Children and adolescents of all ages should get at least 60 minutes of physical activity on most or preferably all days of the week.

Exercise is beneficial even if you do not have a weight problem. Exercise helps you sleep better, reduces stress (when you're having exams) and keeps your bones, skin and muscles healthy.

It's easy to add physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator.

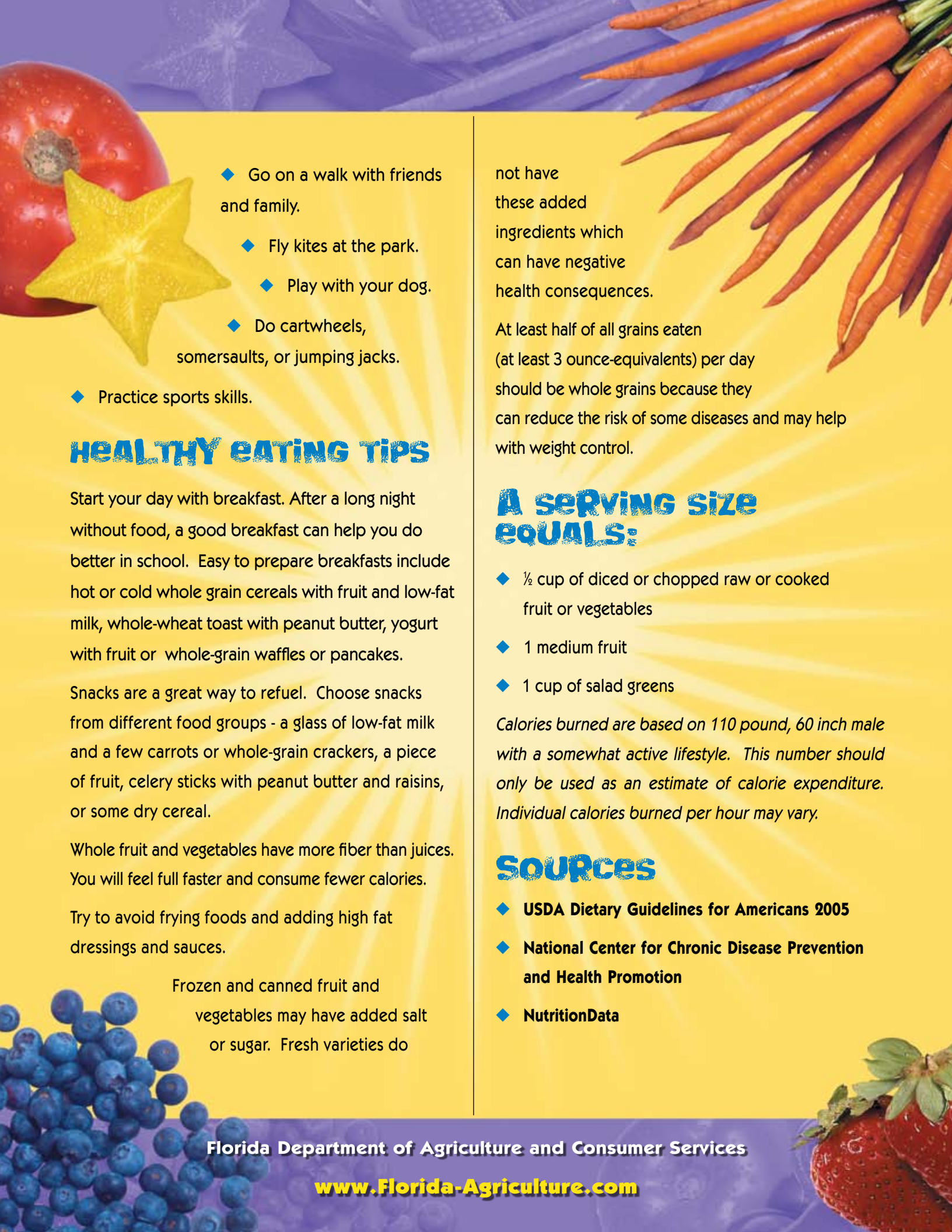
Be sure to drink lots of water while you exercise and after you are finished, especially in hot weather.

Don't be afraid to work up a sweat. Vigorous work-outs - when you're breathing hard and sweating - help your heart pump better, give you more energy and help you look and feel your best.

TRY THESE ACTIVITIES:

- ◆ Play games like tag and hopscotch.
- ◆ Dance to music.
- ◆ Join a sports team at school or through your community.





◆ Go on a walk with friends and family.

◆ Fly kites at the park.

◆ Play with your dog.

◆ Do cartwheels, somersaults, or jumping jacks.

◆ Practice sports skills.

HEALTHY EATING TIPS

Start your day with breakfast. After a long night without food, a good breakfast can help you do better in school. Easy to prepare breakfasts include hot or cold whole grain cereals with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit or whole-grain waffles or pancakes.

Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few carrots or whole-grain crackers, a piece of fruit, celery sticks with peanut butter and raisins, or some dry cereal.

Whole fruit and vegetables have more fiber than juices. You will feel full faster and consume fewer calories.

Try to avoid frying foods and adding high fat dressings and sauces.

Frozen and canned fruit and vegetables may have added salt or sugar. Fresh varieties do

not have these added ingredients which can have negative health consequences.

At least half of all grains eaten (at least 3 ounce-equivalents) per day should be whole grains because they can reduce the risk of some diseases and may help with weight control.

A SERVING SIZE EQUALS:

- ◆ ½ cup of diced or chopped raw or cooked fruit or vegetables
- ◆ 1 medium fruit
- ◆ 1 cup of salad greens

Calories burned are based on 110 pound, 60 inch male with a somewhat active lifestyle. This number should only be used as an estimate of calorie expenditure. Individual calories burned per hour may vary.

SOURCES

- ◆ USDA Dietary Guidelines for Americans 2005
- ◆ National Center for Chronic Disease Prevention and Health Promotion
- ◆ NutritionData

